

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 20075, Wheat, soft white

Report Date: October 24, 2015 21:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor: 3.59 Nitrogen to Protein Conversion Factor: 5.83

| Nutrient | Unit | 1 Value Per 100 g | Data points | Std. Error | 1 cup 168g |
|--------------------------------|------|-------------------------|----------------|------------|---------------|
| Proximates | | | | | |
| Water | g | 10.42 | 126 | 0.140 | 17.51 |
| Energy | kcal | 340 | -- | -- | 571 |
| Energy | kJ | 1423 | -- | -- | 2391 |
| Protein | g | 10.69 | 124 | 0.148 | 17.96 |
| Total lipid (fat) | g | 1.99 | 98 | 0.018 | 3.34 |
| Ash | g | 1.54 | 125 | 0.019 | 2.59 |
| Carbohydrate, by difference | g | 75.36 | -- | -- | 126.60 |
| Fiber, total dietary | g | 12.7 | -- | -- | 21.3 |
| Sugars, total | g | 0.41 | -- | -- | 0.69 |
| Minerals | | | | | |
| Calcium, Ca | mg | 34 | 123 | 0.951 | 57 |
| Iron, Fe | mg | 5.37 | 123 | 0.323 | 9.02 |
| Magnesium, Mg | mg | 90 | 123 | 2.518 | 151 |
| Phosphorus, P | mg | 402 | 123 | 14.690 | 675 |
| Potassium, K | mg | 435 | 123 | 7.261 | 731 |
| Sodium, Na | mg | 2 | -- | -- | 3 |
| Zinc, Zn | mg | 3.46 | 123 | 0.185 | 5.81 |
| Copper, Cu | mg | 0.426 | 123 | 0.022 | 0.716 |
| Manganese, Mn | mg | 3.406 | 123 | 0.084 | 5.722 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 |
| Thiamin | mg | 0.410 | 124 | 0.005 | 0.689 |
| Riboflavin | mg | 0.107 | 124 | 0.001 | 0.180 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 168g |
|------------------------------------|------|---------------------|-------------|------------|---------------|
| Niacin | mg | 4.766 | 124 | 0.052 | 8.007 |
| Pantothenic acid | mg | 0.850 | -- | -- | 1.428 |
| Vitamin B-6 | mg | 0.378 | 128 | 0.008 | 0.635 |
| Folate, total | μg | 41 | -- | -- | 69 |
| Folic acid | μg | 0 | -- | -- | 0 |
| Folate, food | μg | 41 | -- | -- | 69 |
| Folate, DFE | μg | 41 | -- | -- | 69 |
| Vitamin B-12 | μg | 0.00 | -- | -- | 0.00 |
| Vitamin B-12, added | μg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | μg | 0 | -- | -- | 0 |
| Retinol | μg | 0 | -- | -- | 0 |
| Carotene, beta | μg | 5 | -- | -- | 8 |
| Carotene, alpha | μg | 0 | -- | -- | 0 |
| Cryptoxanthin, beta | μg | 0 | -- | -- | 0 |
| Vitamin A, IU | IU | 9 | -- | -- | 15 |
| Lycopene | μg | 0 | -- | -- | 0 |
| Lutein + zeaxanthin | μg | 220 | -- | -- | 370 |
| Vitamin E (alpha-tocopherol) | mg | 1.01 | 1 | -- | 1.70 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Vitamin D (D2 + D3) | μg | 0.0 | -- | -- | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 |
| Vitamin K (phylloquinone) | μg | 1.9 | -- | -- | 3.2 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.368 | -- | -- | 0.618 |
| 4:0 | g | 0.000 | -- | -- | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 |
| 14:0 | g | 0.003 | 103 | -- | 0.005 |
| 16:0 | g | 0.346 | 103 | -- | 0.581 |
| 18:0 | g | 0.018 | 103 | -- | 0.030 |
| Fatty acids, total monounsaturated | g | 0.227 | -- | -- | 0.381 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 168g |
|------------------------------------|------|------------------------|----------------|------------|---------------|
| 16:1 undifferentiated | g | 0.010 | 103 | -- | 0.017 |
| 18:1 undifferentiated | g | 0.217 | 103 | -- | 0.365 |
| 20:1 | g | 0.000 | -- | -- | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.837 | -- | -- | 1.406 |
| 18:2 undifferentiated | g | 0.800 | 103 | -- | 1.344 |
| 18:3 undifferentiated | g | 0.036 | 103 | -- | 0.060 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 |
| Theobromine | mg | 0 | -- | -- | 0 |